

# KUNLUN NEI GUNG

**Kunlun Nei Gung™ is a powerful system for self-awakening, self-healing and self-awareness. The system has been distilled from decades of study and refinement of Taoist, Buddhist and internal alchemy techniques by its' founder Sifu Max Christensen.**

Introductory Level 1 and Level 2 courses are now being held throughout Australia and New Zealand by officially certified Kunlun Apprentice & instructor, Mike Buttini, who is based on the Sunshine Coast, Queensland.

Inner Peace

Weekend workshops are typically held over two days, and focus on the primary Kunlun system meditations, static and moving exercises: Red Phoenix, Kunlun, Five Elements, Golden Flower.

Health

Spiritual  
Development

The exercises and postures increase the magnetic potential of students' energy body, thus enabling greater flows of life force (chi, ki, prana, Source) through the body, organs and meridians. As a result, improved mental, physical and spiritual balance occurs, as well as an increased overall sense of wellbeing.

Thus, Kunlun's reputation as a 'Bliss Technique'.

For further enquiries please contact Mike on:

~ Ph: 07 5482 2048 ~ E: [whole.hearted.healing@gmail.com](mailto:whole.hearted.healing@gmail.com) ~